



**PREPPING
TO
SURVIVE**

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Chapter 1: Prepping To Survive

Natural disasters, terrorism and war can occur at any time as our planet continues to become increasingly volatile. Understanding and planning for these events can be the difference between life and death. This book will teach you how to plan and prepare for common natural disasters from hurricanes, tornadoes, floods and earthquakes. We will also teach you how to prepare for lower probability disasters such as terrorism, riots, and war. Even though these are unlikely scenarios, having a plan will provide you and your family with security and protection should these worst case scenarios occur. Every family should have a basic survival plan and an understanding of how to survive a natural disaster. With global warming increasing the odds of violent weather, no matter where you are located, are high, so you need to be prepared. This book will show you how to create a plan to survive for your family, loved ones, and pets. When a disaster does occur, this book might be the difference between life and death, so download it now!

Chapter 2: Why You Should Be Prepared

Whether you believe the world is currently falling apart or you just want to be prepared, there are numerous reasons why you should have a plan. Disasters can strike at any time, to anyone, and unfortunately only a few people have the knowledge and skill set to survive a disaster. The sad fact is that it only takes a few hours of research or reading a few books, which can make the difference between life and death. Imagine how many lives would have been saved if the majority of Katrina victims had a basic understanding of disaster awareness.

Natural Disasters

The number one reason that you should have a plan for your entire family is natural disasters. Global warming is increasing the number of natural disasters and the severity of these storms each year. Normal storms are becoming super-storms capable of terrible devastation. No matter where you are located you are susceptible to floods, tornadoes, hurricanes, fires, blizzards, and earthquakes. These disasters can occur very quickly and can catch even the most prepared prepper off guard. Understanding the power of nature and having a plan for the worst case scenario is what everyone needs to have, at the least, a basic understanding of.

Terrorism

Terrorism isn't as likely as a natural disaster, but that doesn't mean you shouldn't have a plan. Terrorism is a real threat, especially if you live in an urban location. Terrorism creates fear which can create riots and chaos, and food sources will quickly be raided as citizens try to figure out if there will be more terrorist attacks to come. Traffic will increase and roads will be shut down, making it difficult to evacuate. You need to make sure you have a plan in the event of a terrorist attack.

Debt And The Economy

Whether you believe the economy is strong and healthy or you believe our best days are behind us, you need to be prepared for a financial crisis. The threat of financial gridlock is growing exponentially each day as we become more and more dependent on computers and technology. Credit cards have replaced cash and your bank accounts are now kept by computers. If liquidity dries up, banks will no longer allow you to cash out and ATMs will stop working. Your assets could be worth nothing overnight. Do you have a plan to survive this scenario?

Flash Crash And The Stock Market

Instead of holding shares and trading assets, the stock market is now handled by algorithmic computers and “dark pool trading”. These computers trade millions of dollars of assets in fractions of a second. If a financial crisis does occur, these computers will continue to trade and will increase stock market volatility and the speed at which we crash. Take a look at the May 6th, 2010 “flash crash” where multiple United States indexes lost over 600 points in only a few minutes. All it would take is a few bad economic reports or a terrorist attack to cause a major drop in the stock market. You could see your net income cut in half in only a few days.

Taking A Look At Greece

All you need to do is look at Greece if you want a lesson on economic disasters. Greece is considered a mild financial disaster as they continue to receive aid so full blown insolvency is avoided. However, you can clearly see the effects that a bad economy and a huge debt load are causing the citizens of Greece. Once your country defaults or realizes they need to address a debt issue, problems begin to occur. The government realizes it needs to make cuts and the first cuts are usually government programs and social aid. This means millions of people are left without pensions, unemployment paychecks, and even health care. Taking away these programs will cause riots in the streets and you need to be aware of how to handle these situations. Take some time to look at the Greece situation and remind yourself that this was a mild debt crisis and more severe cases could very well happen.

Rising Food And Energy Costs

Rising food and energy costs are also a factor that you need to be aware of. The world is growing exponentially which places a premium on crude oil and food prices. Food shortages and energy droughts could be a problem in the future as we head towards peak oil and rising populations. Increased gas and food prices will create a burden for low income families and individuals. Minimum wage will continue to stay at the same level but food prices will soar, making it difficult for families to be fed. Unemployment rates will rise and we may begin to see riots. You need an understanding of how to plan and prepare for these events.

Riots And Acts Of Violence

All of these scenarios that we have just discussed will cause riots and violence between citizens. Police forces will be spread out and ineffective. Looting will become a problem, and your situation can quickly turn into every man for themselves. If you want an idea of how quickly these situations can escalate, just look at Katrina and other natural disasters. Without a significant police force, violence increased, looting was rampant, and violent crimes went through the roof. Understanding how to protect your house and your loved ones when law enforcement is not available is a skill you need to be aware of.

Nuclear Attacks

The threat of nuclear attacks, whether from other nations or terrorist organizations, is also a disaster you should prepare for. Every day more and more countries are unlocking the technology to create nuclear materials. Many of these countries are enemies with many allied nations across the globe. Global tensions will rise as neighboring countries will do everything they can to stop the uranium enrichment process. This can lead to provoked nuclear attacks and nuclear war. Terrorist organizations are also getting closer to obtaining nuclear materials and building their own bombs. "Dirty bombs" are able to fit in small containers and can detonate quickly, leaving thousands of people exposed to harmful radiation. Having a plan is essential if you want to survive these attacks.

Cyber Terrorism

Cyber terrorism is another growing threat that can cause widespread panic among citizens. Recently, the technology to hack and disable power grids has been discovered, causing engineers to scramble to close these security loopholes. China continues to lead the hacking revolution and there is always the possibility that with a few clicks of a mouse they could disable our entire infrastructure. This would cause widespread panic and confusion among citizens of any nation.

The Benefits Of “Prepping”

With all the numerous scenarios we discussed above, there should be no reason why you shouldn't have at least a basic knowledge of prepping. There are numerous benefits to having a plan and understanding how to handle different scenarios. Developing a skill set in order to survive will allow you to have peace of mind knowing that you are prepared should such a disaster occur. You will also have the peace of mind that your family understands how to handle a disaster situation and exactly what they should do if a disaster occurs.

The Survival Mentality

How far you want to train and take your survival skills is up to you. You can make learning survival skills a new hobby and educate yourself on how to survive in only natural surroundings. We are going to teach you and your family different techniques to use so you can survive the various scenarios we outlined above. However, feel free to expand your knowledge and continue to educate yourself about disaster awareness and prepping.

Chapter 3: Tips That May Save Your Life

Before we begin going into the details of your plan, we first wanted to include a list of tips and tricks that you should be aware of when prepping and trying to survive. You may have heard of a few of these tips but some might be new. Remembering these tips could improve your odds of survival.

Adhere By The Rule Of Three

The rule of three is used by many preppers to ensure that they have the proper amount of supplies. Essentially you want one device and two backups. This rule applies to any communication, fire starting, and lighting devices you may own.

Cayan Pepper Can Stop Bleeding

Cayan Pepper can actually stop bleeding and large cuts. So if you are injured, see if you can locate some pepper. Its not going to feel good but it may save your life.

Spend Time Learning How To Create Fire

Many people rely on lighters and other sources to create fire. This can be a huge mistake if you find yourself with broken or useless equipment. Spend some time learning how to create fire the old fashioned way.

Know The Symptoms Of Dehydration

Dark urine, fatigue, becoming highly emotional, and lack of sweat. If you find yourself dehydrated you need to stop and search for water immediately. Many people will ignore dehydration signals which makes it difficult to think clearly

Comfort Foods Are Essential

When creating your stockpile of food, it's common for new preppers to include only the essentials. Comfort foods and sweets can provide a change of pace from boring food and can provide you with comfort during a disaster.

Nuclear Detonation

In the event of a nuclear detonation you should stay in your house for up to twelve hours. Do not venture outside as radiation levels will be at their peak. After the blast, radiation levels will slowly decrease allowing you to avoid exposure if you stay in your house.

Remove Your Clothing If In A Nuclear Blast

You want to remove your clothing immediately following a nuclear blast as radioactive dust will gather on your clothes. You can contaminate your household by going inside with radioactive dust on your clothes.

Taking A Shower Immediately After A Nuclear Blast

You need to clean yourself immediately after a nuclear blast. Wash with soap and water but avoid scrubbing your skin. DO NOT use conditioner as this will attach nuclear dust to your hair. Don't forget about your ears and hard to reach places that could have a buildup of nuclear dust.

Wooden Buildings Are The Safest In Earthquakes

Wooden buildings are generally considered the safest buildings in earthquakes. You are less likely to be crushed by the roof and voids will be created due to how the building falls apart.

Turn Off All Utilities If You Are Experiencing flooding

You want to turn off all the utilities in your house if you think flooding will occur. This will prevent electrocution and damaging your power grid and power supply.

Stay Away From Moving Water

Moving water should be avoided at all cost. All it takes is six inches to knock you off your feet. Moving water is extremely difficult to judge depth and you never know what lies below.

Avoid Water On The Road

All it takes is a foot of water to move your car. Driving through water is a bad idea and you need to choose another route if you find water on your escape route.

Pepper Gas Repellant

If you are going to be in an area that is prone to riots or police involvement, a solution of half water and half antacid will allow you to clean your eyes from pepper spray.

Wear A Helmet

If you are going to be going through a riot zone, wear a helmet as stones and rocks are usually thrown as weapons. One blow to the head and you may never recover.

Always carry a small handkerchief in your purse or wallet. Handkerchiefs can be folded many times over reducing the space they take up. When a disaster occurs, debris and smoke will contaminate the air making it toxic and difficult to breathe. A simple handkerchief over your mouth can limit the amount of debris entering your lungs.

Simple Oral Re-hydration Solution

3/8 salt

1/4 salt substitute

1/2 tsp baking soda

2 1/2 tbsp sugar

1 liter of water

shake and mix

*1 teaspoon every five minutes to avoid vomiting and diarrhea

In the event of a chemical terrorist attack you should seek higher ground immediately. Many chemical agents such as mustard gas and Sarin are denser than air which means they will be prevalent near the ground.

Invest in an emergency weather radio if you are located in a tornado prone area. Many tornado deaths are attributed to the victims never knowing a tornado warning was issued. Strong storms that strike in the middle of the night can quickly tear towns apart. A battery powered emergency radio will alert you when to take cover.

In the event of a chemical attack you should take into account the wind direction. The direction of the wind will spread the chemical contaminants and you should keep this in mind when you are making the decision to evacuate or stay. If you choose to evacuate you should look to evacuate crosswind to minimize exposure to chemicals.

If you are in an earthquake prone area you need to be able to secure your food and water supply. Many times during an earthquake, survivors will lose their entire food

and water supply because it was insecure. This is true if you're using glass mason jars. Use hinges and L brackets to brace your shelves. Place rubberized liner on each shelf. Drill holes in the sides of the shelf and secure your jars with bungee cords.

A can of Crisco with a cotton wick can be used as a makeshift candle.

If you strap a headlight or flashlight to the bottom of a jug of water it will illuminate a large surface area and can be used as a light for a room.

We recommend you store wooden matches in a large mason jar. Then cover the top of the jar lid with glue and attach a piece of sandpaper. This will allow you to always have access to strikeable lid for your matches.

Altoids mint tins are great for holding medicine and pills. Each member of your family can be distributed a pack very quickly.

You can magnetize a needle or a paper clip if you have access to a magnet. Take the magnet and apply pressure to the paper clip and slide the magnet in one direction. Lift the magnet and repeat, making sure to slide the magnet in the same direction on the needle. Do this 30-50 times and you magnetize your paper clip or needle. Helpful if you want to create a makeshift compass.

If you lose power, have everyone in your family take a quick shower. Your water heater will be disabled but warm water will work for up to another hour. This could be your last chance to get a nice warm shower.

Never let your gas tank in your car go below half full. You never know when you have to evacuate and nothing will slow you down more than running out of fuel. Remember fuel will be the first resource to be bought up in a hurry.

Duct tape a flashlight onto the top of your supply crates and evacuation bags. This will allow you to see your supplies during the night.

Chapter 4: Creating A Plan

Being prepared for any disaster, whether natural or human made, starts with a solid plan. Planning will allow you and your family to know exactly what to do should a disaster occur. Having a plan will allow you to think clearly and stay focused, which could end up saving you and your family's life. Your plan needs to be detailed and include all the resources you need to survive. This chapter will be dedicated to creating a plan and the following chapters will teach you everything you need to execute your plan.

Make Sure You Create A Detailed Plan

When creating your disaster plan you need to make sure your plan is as detailed as possible. You need to brainstorm different scenarios and how you will overcome them. Having a detailed and well thought out plan is the first step that you need to take to ensure your survival. When a disaster strikes your brain will be pumping adrenaline throughout your entire body. Your fight or flight instincts will take over and it will be very difficult to remain calm and focused. A detailed plan will allow you to stick to the basics and get your loved ones and the resources you need together.

Create Your Plan As A Checklist

The best plans that you can create are written in a checklist format. When a disaster strikes, you won't have time to read paragraphs or long pages of writing. You want to create a checklist that will immediately allow you to go down the list. When you are searching for new supplies, a quick checklist will save you valuable time, especially if your supplies are running low. So, remember to write your plan in an easy checklist format when we teach you how to plan in the next chapter.

Family And Pet Safety

The first part of your plan should cover family and pet safety. The first step is to make sure that your family is safe and all together in a safe location. You need to brainstorm different scenarios and how you can quickly communicate with your family and get everyone in a safe place. What if your kids are at home? What if cell phone service is down, or power is out? What are you going to do with elderly family members? Where is the safest place to meet? We have a chapter dedicated to family and pet safety later in this book, but you should begin brainstorming how you would handle these scenarios.

Whether You Should Evacuate

The next part of your plan will cover an evacuation strategy. Often times it's better to evacuate your area and seek help and shelter instead of trying to stick out a disaster. Other times, disasters strike very quickly and you don't have the option to evacuate. The next chapter will be dedicated to situations in which you should and should not evacuate. However, you should start brainstorming and writing down places that you can evacuate to. Do you have family or friends in another town or state? Where is the nearest large city? Is there a rural area you can evacuate to? You want to have multiple evacuation routes and locations when creating your evacuation plan.

Food Resources

The next phase of your plan should be how to acquire and stockpile various food resources. Food is a luxury that we take for granted in everyday life, however unfortunately when a disaster strikes access to food can be limited. For example, take a look at any major hurricane. Stores quickly run out of food items and shelves will be picked bare. Having access to clean food resources could be the difference between life and death. We will teach you how to store food and keep food reserves in your house, but you still need to create a plan. How much food are you going to store in your house? Do you have enough space? What will you do if you run out of food? These are all scenarios you should be brainstorming before you come to the chapter on food resources.

Water Resources

Clean water is another resource that will be limited when a disaster strikes. Power and running water are taken for granted and cannot be relied upon during a disaster. City water could be contaminated during a terrorist attack or lack of proper filtration. We will teach you how to stock pile water and filter different water sources in the next few chapters, but you should begin to think about your current water supply. How much water do you currently have in your house? Do you have a roof with access to rain water? How much does it rain in your given area? Are you connected to city water? Do you have access to fresh running water or do you live in an urban environment? Having a plan to find and surround yourself with fresh water quickly will increase your survival odds dramatically.

Power

Now that you have your family together, your water and food resources, and proper shelter, you now need to find a power source. Power is extremely important, especially if you are going to be surviving for a long period of time. In almost any disaster situation electricity lines will be severed and power grids will shut down. It will be up to you to create your own power source within your shelter. You need to plan exactly how you will set up power and lighting in your shelter. Do you have access to a generator? Will you have proper heating and lighting equipment in your house? What other ways can you generate power? What activities require power? We will go into different ways you can create power in a later chapter but start thinking about power sources and how you can access them.

Sanitation

One aspect of surviving that often gets overlooked is sanitation. During short survival timeframes sanitation is not usually a problem, but during longer term disasters it can be quite difficult to overcome. Sanitation was a huge problem during hurricane Katrina as bathrooms flooded and refugees at the Superdome began relieving themselves wherever they could. Sanitation problems can rapidly spread disease and sickness as well as making living conditions unbearable. Having a plan to deal with sanitation disposal is key if you are going to survive for a long period of time. This part of your plan should deal with areas to keep and dispose of human and pet waste materials.

Creating An Emergency Supply Cache And An Emergency Supply Kit

In order to be prepared for any disaster, you need to have an emergency stockpile of supplies at your home and you also need an emergency supply kit that can be easily transported in case you need to evacuate. Many people rely on grocery stores or government agencies for supplies and aid during a disaster, but you want to make sure you have your own supply reserve. Depending on the size of the disaster, stores will quickly be looted or raided and government aid could take weeks to arrive - if they arrive at all. Having an emergency supply of food and materials could be the difference between life and death. For this part of your plan you need to think about what supplies you need and where you are going to store them. We have an in-depth guide in the following chapters that will give you a list of everything you need in your emergency supply kit, but you should begin thinking about the essentials you and your family needs to survive.

Chapter 5: Family, Friends, And Pet Safety

The first part of your game plan will cover getting your family, friends, and pets all in a safe location. When a disaster occurs it can be extremely difficult to make sure all family and pet members are safe and accounted for. A missing family member or having to leave a family member behind can cause significant mental stress which will only hurt your ability to survive in the long run. Thus, you are going to need a plan that your entire family understands and can follow. You need to run through numerous scenarios in your head and plan for different disasters depending on the day and time of the disaster. For example, how will you deal with a disaster that occurs on a Monday morning? Where will you be? Your kids and significant others? How will you communicate and meet? These are all scenarios you need to cover, and educate everyone in your family about proper protocol if these situations do occur.

Setting A Meet Up Spot

The first part of your plan should include a spot that your family, friends, and pets will all meet if a disaster should occur. This spot will be your rendezvous point at which you can proceed with the next part of your disaster plan. Having everyone together and safe will allow you to clearly focus on the next part of your plan and will also allow you to make sure everyone understands their role.

Picking A Meet Up Spot

Choosing a meet up spot is important during any disaster situation as you want to make sure your meet up spot meets certain criteria. You want to have three different meet up locations so that you have a backup plan if your original location is destroyed or inaccessible. Your primary meet up location should be your home or residence that has your emergency supplies and your emergency kits. Your backup location should be a friend or families residence that is within a reasonable central location from your family's day to day activities. The third meet up location should be a government building or shelter that is accessible and can provide government aid and shelter.

Planning For A Weekday Disaster

Now that you have your three meet up spots identified, you need to create a plan to make sure all your family members arrive safely to your meet up locations. The first scenario you need to plan for is a weekday disaster. For a weekday disaster you want to plan for three different time frames. Plan for a morning disaster, an afternoon disaster, and a night disaster.

Planning For A Morning Disaster

You need to be aware of the location of each of your family members during a weekday morning. The kids are most likely at school, you and your significant others might be working, and your pets will most likely be at home. If a disaster occurs you need to figure out how you will all arrive at your meet up locations. Who will head to the meet up location immediately? Who will pick the kids up from school? Do other family members need to be picked up? You need to run all these scenarios through in your head and write out exactly how all your family members will arrive at the meet up location.

Planning For A Weekend Disaster

Weekend disasters will usually be easier to plan because your family will be in a centralized location. You won't need to worry about your family members in school or working. However, that doesn't mean you don't need to create a plan. Plan out different scenarios and locations that your family members frequent during the weekend. Are your kids playing sports? Are you or your significant other in a different location away from the house? How can you get to the meet up spot? These are all scenarios you need to consider when creating a plan for a weekend disaster.

Planning For Pets

Pets are usually easy to plan for as they spend most of the time at your meet up location. But in the event that you need to transport your pets to another location you need to have a plan. Who is going to be responsible for the transportation of the pets? How are you going to transport your pets? These are all scenarios you need to keep in mind when you're planning your disaster scenarios.

How To Communicate During A Disaster

Communication is crucial during a disaster, but unfortunately many lines of communication will not be available for you to use. You need to make sure that everyone in your family knows how to execute their own plan and arrive at the meet up location without the aid of communication. Land line, cell phones, and Internet service cannot be trusted during both natural and human created disasters.

Make Sure Your Family Members Have Phone Cards

Your entire family should have laminated phone number cards in their wallet or purse. These laminated cards have the location of your three meet spots, numerous phone numbers of contacts, and the names of the contacts. These are easy ways for your family members and children to understand where to go and who to contact if an emergency does occur. Cell phones can die or become lost and very few people memorize phone numbers nowadays. A simple laminated information card will give everyone in your family the information they need to survive.

Pre-Paid Phone Cards

When a disaster occurs, many cell phone and internet servers will be overloaded with the amount of cell phones that are being used in the area. This will cause you to lose service in the area and will make it very difficult to communicate. On the other hand, land line phones will still work, so it's important that you make sure your family is prepared. You want to make sure that each member of your family has enough money or a pre-paid phone card to make emergency phone calls. You also want to make sure you have a working land line phone at your meet up location as well.

If Power Is Still Up You Can Use The Internet

If you still have power but no cell phone service, you can use the internet as a mode of communication. Make sure your all your family members have access to an emergency email service or chat service. This way you can communicate with each other through the internet or wireless internet connection.

Make Sure Everyone Knows Their Plan

If the power is out, internet is down, and there is no cell phone service, you need to make sure that everyone in your family can execute their part of the plan with little communication. Having your children and other family members know exactly where to be or where to go will allow them to keep calm during any disaster situation. Being able to have your family meet in one specific location in a shortened time frame will allow you to move onto the other phases of your survival plan. So, please make sure each one of your family members knows and understands their plan if a disaster does occur.

Chapter 6: Whether To Stay Or Evacuate

When a disaster strikes your fight or flight instincts will kick in and you quickly need to make a decision on whether or not you should evacuate. Time is extremely precious during any disaster situation, so you need to make clear and confident decisions immediately. This chapter will be dedicated to educating you about situations that require you to stay or evacuate and how to make that decision. There are certain pros and cons to evacuating vs staying which we will go over in this chapter. Whatever decision you make you need to try to make it as soon as possible, as time is extremely precious during the first few hours of a disaster.

Creating Your Evacuation Kit

Creating an evacuation kit for your family and pets is essential if you want to survive should an evacuation be necessary. Many people will just get in their vehicle and begin driving. Unfortunately, they may not find safe shelter and supplies. This leaves them in a dangerous environment with no food or protection. Having an evacuation kit will allow you to have all the necessities you need should you find yourself delayed when seeking shelter. This list may be extensive, but you can fit the majority of these items in your car truck. You can use large plastic bins with covers to organize and save space. These bins also allow you to keep your evacuation kit in your house and quickly move it in your vehicle should a disaster occur.

The Essentials Of An Evacuation Kit

2 gallons of water per each person

72 hours of food- Peanut butter, Tuna, Rice, Beans, and other snacks are great options

A hand crank flashlight and a battery powered flashlight

Spare Batteries for your equipment

Hand Crank emergency radio

Glow Sticks

A deck of cards

Heavy Duty Tarp

Rain Ponchos

Coins and Cash

WD40 Duct Tape

Survival Hand Guides- Specifically guides on eating vegetation

Pre-packaged First aid kit

Ax and Fold-able Shovel

Zip Ties and Ziploc Bags

Mason Jars

Fishing Gear

Whistles for each of your family members

Compass, Map, And Bug Repellant

Emergency Blanket and Spare Clothes

Multi Vitamins

Flasks and Canteens

Rubbing Alcohol

Water Purification Tablets

Fire Starting Materials

Rope

Knives

Defense Weapons

The Pros Of Staying

There are numerous pros to staying in your home or safe house that you need to consider when you make the choice to stay or evacuate. You need to keep in mind the current environment conditions and try to make some predictions when deciding to stay or leave. What is the worse case scenario? Will the situation improve or worsen? How long is your survival time frame? Underestimating these questions could put you in harms way. Nothing is worse than survivors trying to ride out a hurricane only to be sitting on top of their roof because the house is underwater. Always having the worse case scenario in the back of your mind will help you make a clear decision.

You Have Access To Food And Water

Even if your power is out, you will have access to more food and supplies than you would if you chose to evacuate. You already have a list of supplies for your evacuation kit, and the food and water in your home will allow you to supplement this kit. If you still have power, your fridge will be able to keep your food preserved which will increase the amount of time you can survive without having to look for additional food supplies. If your water is still running you can begin to supplement your water reserves as well.

You Have Access To Tools And Cooking Devices

Having access to conventional stoves, tools, and other cooking devices will allow you to prepare and cook your meals with less hassle and stress than you would with your evacuation supplies. You will also have access to all your tools in your house which you wouldn't be able to carry if you chose to evacuate.

Hunkering Down

Your house can also provide you with shelter and defense against the elements. If you know how to properly barricade your house, you can create a powerful fortress. Using all the tools and items at your disposal you can barricade yourself in and ride out the disaster. You will be exposed to the elements if you choose to evacuate and you will also have to deal with other humans who are in a panic and also trying to evacuate. Hunkering down allows you to avoid this mess and focus on defensive arrangements around your house.

You Have Access To Clean Clothes

You will also have access to all your clothes that will not fit in your evacuation bag. This allows you to keep clean and change into new outfits depending on the conditions. Never underestimate the power of clean clothes for survival. If you choose to evacuate you may only have a few outfits to wear or even worse only the clothes on your back.

Access To Proper Hygiene and Sanitation Utilities

Even if your home doesn't have running water you will still have access to your toilets and shower areas. These areas are key if you want to avoid the risk of spreading disease when you're trying to survive. Having a running drain will allow you to clean yourself or any wounds without having to manually dispose of the water. We will also show you ways to keep sanitation in check even if you don't have running water later in this book. But for now, having access to rest rooms and showers in your house is a big advantage.

You Can Protect Your House

When a disaster occurs you will encounter numerous looters looking for easy and valuable items to steal. When evacuation orders are given it may take weeks for families to move back to their homes. Unfortunately, when they return they find that all their valuables and possessions have been stolen. If you stay in your house you can protect it from looters and make sure your possessions are not stolen.

Infrastructure and Roads Are Disabled or Destroyed

One scenario that could occur during a disaster is the destruction of roads and infrastructure. If you have no way of getting to your evacuation point you need to stay in your safe house. You also need to be aware of other people using the same evacuation route. This could lead to large traffic delays which expose you to violence or other threats. Evacuating is a risk and you must have a good idea that you can reach your evacuation spot without being exposed to these elements.

Evacuating Is A Risk

If you choose to evacuate, especially during a man made disaster such as a terrorist attack, you will be taking a risk. You never know when another attack is going to occur or if infrastructure such as bridges or roads will be targeted. Terrorists could plan to cut off large infrastructure grids which will trap citizens on the road or in places that are vulnerable to another attack. So you need to keep in mind that you will be risking your safety until you reach your evacuation zone.

Your Evacuation Area Might Be Worse Off

There is also no guarantee that your evacuation area will be better off than your house. Disasters are unpredictable and if you don't have communication with the evacuation zone you could be walking into a worse situation. You never know how many supplies or the current status of your evacuation zone without constant communication. So keep this in mind when deciding whether you should evacuate or not.

The Negatives Of Staying In Your Safe House

While there are numerous positives to staying in your safe house there are also many negatives. Failure to realize the worst case scenario has cost many people their lives. Failing to adhere to evacuation warnings can put you in an unnecessarily dangerous position. The majority of lives lost during floods and hurricanes could have been prevented if evacuation warnings were followed.

You House Will Not Survive

If you are encountering a slow moving natural disaster such as a flood, fire, or hurricane you should always plan to evacuate. These natural disasters can destroy homes within seconds and you are better off not placing yourself in harms way. You may have the best survival plan and all your survival supplies ready to go, but even the best plan will not work out if your home floats away. So if you think that there is even the slightest chance that your house will be destroyed you need to evacuate.

You Underestimate The Disaster

Another reason you should consider evacuating instead of hunkering down is the worst case scenario. Natural disasters can be easy to predict based on forecasts, but terrorism and other disasters are volatile and unpredictable. You never know when or where another attack may occur and you could be putting yourself at risk by staying. This is especially true if you live in an urban environment that has many high target locations. By staying in highly populated areas you expose yourself to riots and other violence that even the most well armed survivors will have trouble dealing with. If you live in these urban environments you need to consider evacuating to a less densely populated area.

You May Lose The Ability To Evacuate

If you choose to stay in your home, you may lose the ability to evacuate at a later time. It's best to make the decision to evacuate as soon as possible as you may not be able to evacuate. Storm conditions or disaster conditions may deteriorate rapidly making evacuating an impossibility.

You Underestimate The Disaster Time Frame

Another problem that may arise if you choose to stay in your home is underestimating the time frame of the disaster. Aid may not be able to reach you right away and you may need to spend weeks without outside. This can lead to a food and water shortage with no way of obtaining new resources. Sanitation problems can also cause issues for an extended period of time. Look at how long Katrina victims had to survive without aid. Most of them didn't have the survival techniques that we are going to teach you, but this example will show how you can underestimate the disaster time frame.

Cabin Fever

If you are locked down in your house for weeks on end with little food, water, and no power you will begin to get cabin fever. You may have the urge to go exploring or try to find other people to socialize with. Being stuck in the same environment with the same people for weeks on end can make any sane person irritable. Keep this in mind when you decide whether you should evacuate or stay in your house.

You Can Be Over Powered

In cases of riots or extreme violence you also need to consider the odds that you will be outgunned. You may have the best fortified house but it will do you no good if you're battling well armed individuals. When police forces are non-existent or spread thin, violence and destruction will increase. During riots and political unrest, gangs will form and you may find yourself on the outside. This is especially true if you have valuable resources in your house. So make sure you are prepared for riots and looters if they come to your house.

Chapter 6: How To Deal With Food In A Survival Situation

Food is a resource that you need to stockpile and ration during any disaster. Failure to have an ample food supply will leave you malnourished and depleted of energy. This will affect your overall decision making skills and your odds of survival will drop dramatically. This chapter will be devoted to how you can store, cook, and clean food to ensure your survival.

Creating Your Own Food Stockpile

Relying on government aid or grocery stores during a disaster can be a big mistake. Grocery stores will quickly be depleted or looted and government aid may never come. You need to make sure you and your family have at least thirty days' worth of food in your house. Having a stockpile of food for any disaster allows you to relax and know your family is safe for at least thirty days.

Where To Store Your Food

The first aspect of food storage that we are going to talk about is where you need to create your food stockpile. Many people will fail to properly store their food, which causes the shelf life to decrease or even worse cause your food to become contaminated. Temperature will affect your food, so you want to ideally create your stockpile in a cool environment. The cooler the better; usually you want to keep the room under 65 degrees. Your garage or basement would be a good place to start, especially if you can keep the rooms temperature controlled.

Moisture and light also play a role in reducing the shelf life of your food supply. You want to make sure your food supply is not exposed to direct sunlight and is in a dark environment. This will also help in keeping the temperature as cool as possible. Moisture can also reduce shelf life and mold can begin to grow if you are not careful. Make sure your food stockpile is in a dry location where water cannot enter the supply.

How Much Food To Store

In order to estimate how much food you need store for your family and friends, you need to watch your family's food intake for a week. Keep a close track on everything, including snacks. Multiply this number by four and you have the amount of food that you need to store. This can be a guessing game, and remember you will be rationing food, but if you watch your family's intake for a week you should have a solid estimate.

Freeze Dried, Dehydrated, And Canned Foods

The three main types of food that you are going to be stockpiling are freeze dried, dehydrated, and canned foods. These types of food have a long shelf-life and are packaged in a way to conserve space. Both freeze dried and dehydrated foods have had moisture removed which allows for a longer shelf life. The following is a list to get you started with different types of food. Feel free to add or complete additional research to increase your stockpile. Also, this list is meant to be accumulated over time so don't feel the urge to go out and buy all this food at once.

Freeze Dried Food

These are the most popular freeze dried foods:

Rice and Chicken

Spaghetti with meat sauce

Vegetable Beef With Stew

Mac and Cheese

Noodles and Chicken

Chicken Alfredo

Beef Stew

Chicken Stew

You also want to include meats:

Ground Beef

Diced Chicken

Diced Beef

Don't forget Vegetables:

White Rice

Garden Peas

Green Peas

Fruits Can Also Be A Great Snack:

Banana slices

Strawberry slices

Dehydrated Foods:

Non-Fat Milk

Cheese Blend

Egg Mix

Butter Powder

Pinto Beans

Chili Beans

Lima Beans

Starter Kit Items:

1 ten pound bag of white rice

1 ten pound bag of brown rice

5 large cans of peanut butter

2 Pallets of energy drinks

1 bag of sugar

1 bag of salt

3 bags of flour

2 bag of oats

1 gallon of olive oil

Other Food Items:

Cereal

Beef Jerky

Almonds

Pickles

Honey

Instant Rice

Coffee

Tea

Ramen Noodles

Jack Daniels Whiskey (Great for medicinal purposes)

You can pick and choose from this list to get you started with stockpiling food for any disaster. Remember to also account for your pet so they are not cutting into your food supply. You can buy large quantities of dog food and vacuum seal the bag shut, giving dog food a very long shelf life.

Chapter 7: Stockpiling And Finding Additional Water Sources

The next resource that you need to plan to acquire and stockpile is water. Water will be used to keep you hydrated, cook your meals, and provide you with personal hygiene care. If you lack a supply of water or you lack the knowledge to seek out additional water sources your survival rate will drop dramatically. This chapter will be devoted to teaching you how to create a stockpile of water in your safe house and how to use different techniques to seek out new sources of water if your supplies begin to dwindle or run out.

Creating A Water Stockpile

Just like with your food supply you need to create a water stockpile that will last for at least thirty days. You should calculate that each member of your family will consume two gallons of water a day. You should also budget another two gallons for hygiene and cooking per family member. We recommend that you purchase 55 gallon water barrels and five gallon water jugs. This will make transporting and storing water much easier.

Keep The Water Cool, Off The Ground, And Avoid Sunlight

There are three rules that you need to keep in mind when you are storing your water. Just like your food, you want to keep your water in a cool location. You need to be very careful to keep your water supply cool, especially if you are using plastic containers. Plastic containers that are heated will cause chemicals to leak into your water.

You also want to keep your water off the ground. This can be accomplished by simply putting a few 2x4s or other wood planks under your water barrels. The reason is twofold. Your floor may be conducive to heat and will thus warm your water. Also, chemicals can actually leak into your water supply from the ground if certain conditions are met. So, make sure your water supply is off the ground or on a shelf.

The third rule you need to consider when you're creating your water supply is to avoid sunlight. Sunlight can heat and contaminate your water supply. You need to make sure that your water supply is covered or is in a room that is not exposed to sunlight. Your basement and garage are two areas that we would recommend you store your water supply in order to avoid sunlight.

Finding Additional Sources Of Water

We recommend that you keep thirty days' worth of water in your safe house, but you also need to be prepared if the disaster lasts longer than thirty days. You need to be able to seek out and find additional sources of water in order to increase your odds of survival.

Boiling Water

The number one way to kill germs and microorganisms is to boil your water. If you have access to fire or heat we recommend you boil all your water sources just to be safe. You want to make sure you bring your water to a boiling temperature for at least three minutes in order to kill any bacteria. Although boiling water will consume your fuel supply and your heating resources, it should be your first call to purify water due to its overall effectiveness.

Using Household Items To Purify Water

If your fuel supplies are low or you don't have access to a heat source, there are alternatives available to you if you need to purify a water source. Before we begin, these techniques are not 100% effective and should be used only in desperate times. Essentially, these techniques are better than not doing anything to purify your water source, but they are not going to purify your water 100%.

Using Bleach To Purify Your Water Source

Household bleach can be used to purify your water source if you cannot boil your water. You need to be very CAREFUL and make sure your bleach has no added scents, colors, or ingredients. You can only do this with pure bleach. You want to use six drops or (.3ml) per gallon of water you want to purify. Remember use bleach as a last resort only.

Using Chemical Tablets To Purify Water

We recommend that you purchase water purifying tablets from either an online source or a local store and add them to your safe house supply. These tablets will dissolve in water and are very effective at purifying water without a heat source. These tablets use chlorine dioxide to effectively rid your water of diseases and bacteria. The best part about these tablets is that they never expire.

Using Iodine To Purify Water

Iodine can also be used to purify water under extreme circumstances. Iodine is not an ideal choice and some people may be allergic to it, but it is better than no purification at all. Add five to ten drops per quart of water and let it sit for 30 minutes. You want keep your iodine in a location away from light and always check your expiration date.

Purchasing A Filter Or Portable Water Purification Device

The best recommendation besides boiling water that we can give you is to purchase a portable filter or water purification device. These devices can easily be stored in your safe house and your emergency evacuation kit and can provide you with easy water purification.

Power and Fuel

When a disaster occurs, the majority of the time you will lose power and will need a backup power source. Many people take power for granted and don't realize how much of a luxury it is until it is taken away from them. Everything we do and interact with is usually connected to some type of power source. You need to make sure you and your family are prepared for a loss of power. Depending on how large and devastating the disaster, you could be faced without power for weeks and even months on end. You need to know how to generate your own power and survive without it.

Generators

When a natural disaster strikes and you lose power the best way to keep your house running is with a generator. Generators come in numerous sizes depending on your needs and what you want to accomplish with your safe house. You can purchase small generators that can produce over 2000 watts of electricity for around \$200. These generators are easy to carry and are usually used at campsites. You will be able to power a few devices with this generator for a short amount of time.

Medium generators will be able to power your lights, air conditioner, and your refrigerator. These generators are in the 10,000-15,000 watt range and can be purchased for around \$1,000. These generators are larger and difficult to move. You will be able to wheel them in and out of your safe house, but they are by no means portable.

Large scale generators will need to be installed and properly connected to your home. These generators will produce 20,000+ watts of electricity and are designed to fully power your home. These generators are for the true survivalist who wants to maintain the comfort of powered living during any kind of disaster.

Fueling Your Generator

There are three main types of fuel that you will use to power your generator - diesel, gas, and propane. Gas is very flammable and explosive and should not be stored in your house or safe room. Propane and diesel, on the other hand, are safer, and can be stored in your safe room or house.

When To Use Your Generator

You should always be conservative when using your generator as you never know how long a disaster will last and how quickly you will deplete your fuel reserves. You want to try to limit your use of a generator to four hour intervals. Keeping your fridge cool should be one of your main priorities, as you can store and preserve your food supplies within it. Fridges will still operate and keep your food cool if they are running only 60% of the time. If you are going to use this method, make sure you constantly watch the temperature of your fridge to avoid spoiling food.

Chapter 8: Sanitation

Sanitation is extremely important if you are going to survive for longer time frame. Many survivalists and preppers underestimate proper sanitation techniques and find themselves succumbing to disease and illness. Remember that you may not have access to a proper diet or vitamin intake which will lower your immune system. Keeping disease and germs under control will go a long way towards improving your survival odds.

Sanitation Tips

When you are dealing with a loss of plumbing and a buildup of garbage you need to be extra cautious when it comes to sanitation habits. You need to be washing your hands before touching anything that is in your safe house. You need to make it a habit to wash thoroughly and regularly during the day. Garbage needs to be disposed of far away from your safe house or any open water supplies. Piling your trash near your safe house will attract animals, bugs, and other disease carrying insects. Human waste needs to be disposed of far away from your safe house as well. You can contaminate your water source if you have a buildup of human feces near your safe house.

Dealing With Garbage

Garbage can quickly become a large problem, especially if you are not taking the proper steps to eliminate it. Trash buildup in your safe house will attract animals, germs, and bacteria that can quickly spread. The best way to deal with garbage buildup is to make trash runs every few days and bury the garbage. You want to make sure you bury the garbage away from your safe house or any water source in order to avoid contamination.

Make Shift Toilets

When your toilets stop working you need to find a way to easily and quickly dispose of human waste. You can dig small holes and use them to cover human waste, but this will become problematic over time and you can contaminate large areas around your safe house. We recommend that you line buckets with trash bags and use your toilet seat to sit down. This will allow for easy cleanup and disposal when you need to make a trash run. You can also purchase toilet seat attachments online that will quickly attach to a bucket and create a makeshift toilet.

Turning Your Home Into A Safe House

If you choose to ride out the disaster in your home you need to make sure your house is safe. In addition to your stockpile of survival supplies, you need to take additional steps in order to make your home safe for you and your family. This chapter will be devoted to teaching you how to improve your safe house and increase your odds of survival.

Proper Lighting

When a disaster does occur you want to make sure you have proper lighting inside and outside your home. Solar lights are great to keep the perimeter of your home lit during the night. Spot lights and motion sensor lights are also a necessity, especially around the entrances to your home. These lights can sense motion, allowing you to see any intruders or threats.

Surveillance Cameras

Investing in surveillance cameras is another great way to keep an eye on your entire property from the comforts of your safe room. Surveillance technology has improved dramatically and you can get night vision surveillance systems for under \$500. These surveillance systems also have the ability to be monitored via A smart phone which allows you to monitor your house if you have evacuated it.

Barricaded Front Doors

The next safety procedure you should consider are metal barricade screen doors. These doors are designed to look decorative and protect you at the same time. They easily fit in front of your entrance door and look exactly like screen doors. They provide reinforcement to your front door and they make it very difficult for intruders to break into your house.

Dead Bolts

A inexpensive way to improve the security of your home is with deadbolts. Deadbolts make it very difficult to break into your house and you will be alerted immediately to any intruders.

Taking Care Of Windows

When it comes to securing your windows you have two options. The first is to either get reinforced glass or put metal bars over your windows. Both these options are expensive and not visually appealing. The second option is to board up your windows when a disaster occurs. Spend one weekend boarding up your windows and doors in your house. Then, take them down and save the screws and the boards. Keep them in an easy access place and, if a disaster does occur, you can quickly board up your house.

Setting Up A Safe Room In Your House

When a disaster does occur you want to make sure you have one area of your house that is a designated safe room. This room is where you and your family will ride out the worst parts of the disaster. It should be located in the center of your home, preferably surrounded by load-bearing walls. A backyard storm shelter or basement is also a great place to make a safe room. You always want your safe room to be near or in your stockpile room.

Alarms and Motions Detectors

You may have your house decked out with surveillance cameras, but unless you are going to be monitoring your cameras twenty four hours a day you are going to need alarms and motion detectors. Motion detectors will allow you to sleep without worrying about intruders breaking into your home undetected. Surrounding your doors and windows with motion detectors will allow you the peace of mind you need in any disaster scenario.

Dogs

No matter how many alarm systems and cameras you have on your property, well trained dogs will always provide you with great protection. Dogs can see, hear, and smell intruders well before you can spot them with your security cameras. Dogs will also provide you with protection in the event that intruders do breach your home. Look into owning a dog or training your dog for survival situations.

Chapter 9: Protecting Yourself

You can have the most secure house in the world, but you will always need a last line of defense. Before we begin talking about different self-defense weapons, we want to start with a disclaimer. If you are going to purchase a firearm, please make sure you are trained to use it. Firearm training classes are brief and inexpensive and will teach you how to properly use the firearm if the time comes. Also, please make sure you take proper precautions when storing your firearms or other self-defense weapons.

Be Aware Of Your Laws

Certain self-defense weapons may be against the law in your state or country. Please make sure you research the various laws in your location and you are complying with them before purchasing any self-defense weapons.

Guns

If you are going to purchase a firearms to protect yourself you should consider a small hand gun and a shotgun. These two fire arms will give you enough protection and fire power to hold off any intruder. Adding a hunting rifle to your collection should also be considered, especially if you need to begin hunting for food.

Tasers

Tasers are a great non-lethal self-defense weapon you can use if you find yourself in danger. They will temporarily stun intruders with two darts that attach to your intruder and shock them into submission.

Knives

Hunting knives are great for self-defense and hunting. Having a sharp knife is a valuable commodity, especially if you are cutting up meat and other supplies. Every prepper should have a sharpened knife collection that they keep close in case a disaster occurs.

When purchasing a knife you should always look to buy in the USA. A lot of knives are made in China and the steel that is used is usually inferior to US Steel. It looks nice but it will not hold an edge. You will find yourself sharpening it every time you use it. It is also usually more brittle and will not withstand hard use.

Does this knife fit my hand? Does it fit the application that I intend to use it for? Does it fit in my bag, pocket, boot, or belt? These area all questions you should ask yourself. Knives are a personal item. We all have different ideas about what is best or what fits best. Find what fits you and your application. Always try to demo a knife before you purchase. If you have friends that have a knife you are interested in, ask them if you can handle it. Ask them what their experiences with it are.

Chapter 10:Final Word

Having the ability and knowledge to survive any disaster and protect your family is a skill that everyone should have, at the very least, a basic understanding of. Having a plan and knowing exactly what to do when a disaster strikes will allow you act quickly and confidently. Time is precious during a disaster and a few hours could mean the difference between life and death. Start building your supply stockpile slowly and you will quickly find that you have everything that you need. Spend time researching other ways to prepare and continue to hone your survival skills. Good Luck!

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